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Clara Hughes

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NEWS WORTH SHARING.

Say it ain't so, Tim

King of coffee does a double-double take on layoffs. Page 7.

RESIDENTS WIN TOWER FIGHT

Towers dominate the skyline in Yaletown, as seen from False Creek. The B.C. Supreme Court has quashed plans to build another 36-storey tower in the neighbourhood, after a group of residents took on the City of Vancouver to stop the development. Story, page 3.

JENNIFER GAUTHIER/FOR METRO

Top doctor backs transit 'yes' vote

VCH. More transit would boost physical activity and improve air quality, says Dr. Patricia Daly

MATT KIELTYKA
matt.kieltyka@metronews.ca

A vote for better transit is a vote for better health, says Vancouver's chief medical health officer.

Vancouver Coastal Health's Dr. Patricia Daly is urging residents to vote "yes" in the upcoming plebiscite on transit funding and argues that implementing a regional 0.5 per cent congestion-improvement sales tax could "pay dividends" in the form of healthier communities.

"We know from preliminary data from Vancouver that people that use active transportation like walking and biking, or even public transit, are less likely to be obese than people who drive," Daly said.

Daly said she believes the Metro Vancouver mayors' $7.5-billion, 10-year transit plan will lead to increased physical activity, improved air quality, a decrease in traffic-related injuries and improved equity for the region's poorest people.

"For all those reasons we need it to create healthy communities," she said. "It will pay dividends in the future. There are benefits even for people who don't use public transit."

David Suzuki Foundation board member Peter Ladner, a former city councillor, and TransLink's Bob Paddon will join Daly on Wednesday during a webinar hosted by the B.C. Healthy Living Alliance.

The panel will discuss the health impacts of the spring plebiscite from 9 to 10:30 a.m. at bchealthyliving.ca.

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Workplace safety

Mill explosions to get separate inquests: Coroner

The B.C. Coroners Service has decided to hold separate inquests into the deaths of workers in two sawmill explosions in 2002.

An inquest into a blast at Lakeland Mills in Prince George is scheduled to begin on March 2. Proceedings into an explosion at the Babine Forest Products mill in Burns Lake will get underway on July 13.

Chief coroner Lisa Lapointe announced last year that a single inquest would be held to examine the deaths of the four men who were killed on the job at both sites.

Lapointe says further information, including that of families and community members, has been considered in the decision to hold inquests in each community. THE CANADIAN PRESS

Junior sports

Peace bond for hockey rivals

The owner of a junior hockey team on Vancouver Island has been ordered to stay away from the owners of a rival team after a player's decision to switch teams fuelled a series of confrontations.

A provincial-court decision says the dispute started when a player who was on the Campbell River Storm switched to the Comox Valley Glacier Kings, which angered Storm owner Kevin Spooner. The decision details several confrontations between Spooner and Glacier Kings owners Marsha and Dave Webb.
THE CANADIAN PRESS

Jon Green, president of the Community Association of New Yaletown, stands in front of the proposed development site near Emery Barnes Park in Yaletown in May 2014. JENNIFER GAUTHIER/METRO FILE

Supreme Court quashes proposed development

Yaletown. City 'railroaded' decision on condo through 'without any regard for process': B.C. justice

EMILY JACKSON
emily.jackson@metronews.ca

A group of Yaletown residents beat the city in a fight in B.C. Supreme Court to quash a controversial condo development and land-swap deal.

The Community Association of New Yaletown, which launched the lawsuit last spring, accused the city of withholding information before the public hearing for its deal with Brenhill Developments.

Council eventually approved the deal to swap city land at 508 Helmcken St. for the developer's site at 1099 Richards St.

Brenhill got permission to tear down the decaying social-housing complex on the Helmcken site and replace it with a 36-storey tower — far exceeding density guidelines — in exchange for building new social-housing on the Richards site.

But on Tuesday, Justice Mark McEwan overturned the rezoning bylaw and development permits and ruled that the city must hold new public hearings if it wants to proceed with the project.

"A public hearing is not just an occasion for the public to blow off steam," McEwan wrote in his judgment.

"The procedure the city adopted was unfairly restrictive, in presenting the public with a package of technical material that was opaque … in limiting comment on the integrated nature of the project and in failing to provide an intelligible financial justification for it."

Community-association member Kerry Corlett was "blown away" that the judge sided with the residents so strongly. "It was just an annihilation," Corlett said.

His group is not opposed to towers, or even a tower on that site, but was disheartened by what Corlett described as the city "railroading the decision through without any regard for process, zoning or neighbourhood character."

He hopes the judgment will inspire the city to follow its own guidelines and residents to keep a closer watch on whether developers follow the rules.

But the city isn't yet admitting to any wrongdoing, according to an emailed statement from the communications department.

"The city is disappointed in the court's decision, and we are reviewing the decision to explore all options, including whether there are any grounds for appeal. The judge's reasons raise complex issues concerning development projects in the city that involve rezoning applications and public hearings."

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Contest. Last chance to vote for local filmmakers

Two Vancouver filmmakers are holding their breath and crossing their fingers as they head south to the Super Bowl for a chance to win $1 million US.

Devon Ferguson and Graham Talbot both made the finals in a Doritos contest to make a commercial to air during the NFL championship game. Their ads, titled Selfish Sneezers and When Pigs Fly respectively, are competing with eight others for the most fan votes on Doritos.com.

They'll find out who wins while watching the game from a box in the stadium in Glendale, Ariz., on Sunday.

Online

Wednesday is the last day to support the filmmakers by voting on Doritos.com.

Reached before their flight on Wednesday, both Ferguson and Talbot had trouble finding words to describe their anticipation. Online betting sites say both videos have a good chance of winning.

"That would be crazy," Talbot said. "It's just going to be a super roller-coaster."

EMILY JACKSON/METRO

Crime

Police find three handguns on alleged shoplifter

Charges are stacking up against a 28-year-old man after Vancouver police officers, who were arresting him for alleged shoplifting, searched his bag and found three handguns and ammunition on Monday.

According to police, a man picked up several items at a Kingsway London Drugs, left the store without paying and broke into a run, but store security caught up with the man and placed him in handcuffs before police arrived.

THANDI FLETCHER/METRO

$40K grant aids storage project for the homeless

The storage facility has been operating at full capacity since first opening in 2009. The 200 available bins fill up quickly every day. CONTRIBUTED

Aviva Community Fund. First United Church service wins national ideas competition

MATT KIELTYKA
matt.kieltyka@metronews.ca

First United Church has won a $40,000 grant to operate its unique storage facility for homeless people.

The service, which provides storage space for homeless people's belongings, was announced as a winner of the Aviva Community Fund's national ideas competition on Tuesday.

"We were really excited to get the call," said First United spokeswoman Heather Forbes. "We knew that it was a unique program that really resonated with people. It got a lot of people talking about the needs of homeless people."

First United Church first opened its storage facility in 2009 so homeless people would have a safe, secure location to keep their belongings for the day while accessing other services or going to work.

The facility, run out of an unused parking area, costs about $60,000 a year to staff and operate.

"It's a year-round job for us to fundraise, so it's such a wonderful thing to be this early in the year and know that so much of the operational costs of the storage facility are taken care of," said Forbes.

Quoted

"It's not just a bed and a meal that (the homeless) need, but a whole range of resources."

First United Church spokeswoman Heather Forbes

Donna and Gerald Campbell said they were shocked to hear from Edmonton police that their truck, stolen in October 2014, was the vehicle Const. David Wynn had been investigating before he was shot. THE CANADIAN PRESS

Truck's link to Mountie shooting shocks owners

Grande Prairie, Alta. Donna Campbell struck by a heart attack upon being told it was her truck that RCMP Const. David Wynn identified before he was shot

LEAH HOLOIDAY
Metro in Edmonton

When police told Donna Campbell they'd found her stolen truck, the news was simply overwhelming.

"Are you sitting down?" Campbell said the officer asked her twice.

In the ensuing conversation, the Grande Prairie woman learned St. Albert RCMP Const. David Wynn had identified her truck at the Apex Casino parking lot moments before he was shot by Shawn Maxwell Rehn.

Wynn died several days later in hospital.

"I just got shivers. I said, 'Oh, you're kidding,'" Campbell remembered.

Upon hanging up with police, Campbell started having chest pains and asked her husband to take her to the hospital.

"It turned out I had a heart attack," she told Metro. Doctors informed her the attack was stress-induced.

While Campbell is slowly recovering from her attack, she said the entire situation is so sad, especially for the wife and three sons of the 42-year-old Wynn.

"The poor family," she said.

"This man shouldn't have been out on the streets by the sound of things. It's pretty sad everything that has happened."

Campbell and her husband first reported the truck stolen from a south Edmonton hotel parking lot in October, when the couple had driven to the city to do some early Christmas shopping.

"We couldn't believe it," said Campbell, who later learned three F350s had been stolen the same week in the city and were often targeted by car thieves.

After the stipulated 20-day insurance period, the couple was able to file their claim and assumed the truck was long gone.

Police informed Campbell that the truck had been full of stolen property, including a printer, a camera, tools and different purchases from Costco.

RCMP weren't able to confirm the details by press time.

Prisons. Denying parole to violent offenders dangerous: Opposition MPs

The government's long-promised plan to lock up some criminals and throw away the key will make prisons more dangerous, opposition MPs say.

Denying any chance of parole to the worst violent offenders will increase the chances of prison guards being attacked, the NDP and Liberal public-safety critics said Tuesday as the government signalled legislation would come before summer. Opposition MPs want a greater emphasis on rehabilitating inmates.

Criminologists dismissed the life-behind-bars initiative after it was announced in the October 2013 speech from the throne, saying there are already legal provisions to ensure the most heinous offenders never get out.

At the time, the government said those convicted of the worst crimes — such as multiple murders or sex assaults on children — could spend the rest of their lives in prison.

Public Safety Minister Steven Blaney says legislation will be tabled before Parliament rises in June.

"People who commit serious and violent crimes in a repetitive manner constitute a menace to society," Blaney said. "The premier objective is to protect society."

When the plan was first outlined, Justice Minister Peter MacKay said the provisions would be applied very narrowly. THE CANADIAN PRESS

Solitary confinement

The federal government is facing a second court challenge to the use of solitary confinement in prisons.

- This time, the Canadian Civil Liberties Association and Canadian Association of Elizabeth Fry Societies have filed a petition in Ontario Superior Court. The petition seeks to challenge the constitutionality of isolation, which the groups call cruel and inhumane. They say the practice is "fatally flawed."

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ISIL. Hostages have less than '24 hours left to live' if prisoner is not released

An online message purportedly from the Islamic State of Iraq and the Levant (ISIL) group warned Tuesday that a Japanese hostage and Jordanian pilot the extremists hold have less than "24 hours left to live."

The message again demanded the release of Sajida al-Rishawi, an Iraqi woman sentenced to death in Jordan for involvement in a 2005 terror attack that killed 60 people. It also mentioned for the first time Jordanian pilot Mu'ath al-Kaseasbeh, who is a captive of ISIL, setting a Wednesday afternoon deadline.

Tuesday's video matched a message released over the weekend, though neither bore the logo of ISIL's al-Furqan media arm. The weekend video showed a still photo of Kenji Goto holding what appears to be a photo of the body of Japanese hostage Haruna Yukawa.

The message says that unless the Jordanian government frees al-Rishawi within 24 hours, Goto and the pilot will be killed, adding that this would be the group's last message. The message warns any delaying tactics by the government will result in the death of both men.

Goto has only "24 hours left to live and the pilot has even less," the message said.

THE ASSOCIATED PRESS

Protesters chant "Free Goto" during a rally in front of the Prime Minister's residence in Tokyo on Tuesday.

EUGENE HOSHIKO/THE ASSOCIATED PRESS

Libya. Gunmen kill nine during hotel shootout in Tripoli; assailants dead

Gunmen stormed a luxury hotel in the Libyan capital of Tripoli on Tuesday, killing four foreigners and five guards, and triggering an hours-long standoff that ended when two assailants set off a grenade that killed them, officials said.

The attack on the Corinthia Hotel, which sits along the Mediterranean Sea, underscores the lawlessness that this North African country descended into following the 2011 ouster and killing of dictator Moammar Gadhafi. The State Department said it was looking into reports of an American casualty in Tuesday's attack.

Libya's security forces responded and after several hours of a standoff, the attackers threw a grenade at the security forces, killing themselves and a security guard. Ten people were also wounded in the attack, including security guards and guests.

"The operation is over," al-Naas said but added that the streets around Corinthia remained closed. He said an investigation was underway.

THE ASSOCIATED PRESS

Spain

Death toll of F-16 training accident rises to 11

The death toll from the crash of a Greek F-16 fighter jet during an elite NATO pilot training program rose to 11 Tuesday after a French airman who suffered serious burns died, Spain's Defence Ministry said.

THE ASSOCIATED PRESS

Somalia

Key leader leaves country's Islamic extremist group

A leader of Somalia's Islamic extremist group al-Shabab with a $3-million bounty on his head announced Tuesday he has quit the insurgency and renounced violence perpetrated by the al-Qaida-linked group.

THE ASSOCIATED PRESS

Massachusetts, Long Island hit hard by nor'easter blizzard

Charlie Glover leaves a two foot tall path as he uses a snow blower to dig himself out of the snow on Tuesday in New Bedford, Mass. The not-so-great blizzard of 2015 did wallop the Northeast — Long Island and Massachusetts got hammered — but snowfall in the media capital of New York City was about 0.3 metres. New Jersey and Philadelphia also were spared. Meteorologists say the nor'easter stayed about 120 to 160 kilometres east of its predicted track, which meant the western edge — New York and New Jersey — got 10 inches less than was originally forecast.

PETER PEREIRA/STANDARD TIMES/THE ASSOCIATED PRESS

Hundreds of Auschwitz survivors mark 70 years

Holocaust. Jewish, world leaders and 300 former prisoners gathered at infamous concentration camp to commemorate their liberation

A Jewish leader stood before 300 survivors of a notorious Nazi death camp on Tuesday and asked world leaders to prevent another Auschwitz, warning of a rise of anti-Semitism that has made Jews fearful of walking the streets, and is causing many to flee Europe.

Ronald Lauder, the president of the World Jewish Congress, made his bleak assessment on the 70th anniversary of the liberation of Auschwitz, speaking next to the gate and the railroad tracks that marked the last journey for more than a million people murdered at Auschwitz-Birkenau.

He said his speech was shaped by the recent terrorist attacks in France that targeted Jews and newspaper satirists.

"For a time, we thought that the hatred of Jews had finally been eradicated. But slowly the demonization of Jews started to come back," Lauder said.

Europe witnessed a spasm of anti-Semitism last summer during the war in Gaza, with protests in Paris turning violent along with other hostilities across the continent.

One Holocaust survivor, Roman Kent, became emotional as he issued a plea to world leaders to remember the atrocities and fight for tolerance.

Quoted

"We do not want our past to be our children's future."

Roman Kent, Holocaust survivor

"We do not want our past to be our children's future," the 85-year-old said to applause, fighting back tears as he repeated those words a second time.

The commemorations in Poland, which was under Nazi occupation during the Second World War, were also marked by a melancholic awareness that it may be the last major anniversary that a significant number of survivors will be strong enough to attend.

"The survivors are completely gutted that in their lifetime they went through what they went through and that now they are at the end of their life and they don't know what kind of world they are leaving for their grandchildren," said Stephen Smith, executive director of the USC Shoah Foundation.

"That is very disappointing for them. We have let them down."

Among those in attendance were French President Francois Hollande and Ukrainian President Petro Poroshenko. The German and Austrian presidents also attended, however Russian President Vladimir Putin was absent, despite the Soviet Red Army having fought and died to liberate the camp.

THE ASSOCIATED PRESS

Conservative MP Tim Uppal

THE CANADIAN PRESS

'There is so much we can learn'

A man in a blue turban stood among thousands in toques, fur hats and yarmulkes in Poland on Tuesday to mark the 70th anniversary of the liberation of the Auschwitz-Birkenau concentration camp.

Tim Uppal was there as the head of the official Canadian delegation for the commemoration ceremony, a role in keeping with his post as Canada's minister of state for multiculturalism.

But Uppal has championed the importance of Holocaust remembrance for much longer, an unusual role for a Sikh member of Parliament from an Edmonton-area riding with only a few hundred Jews.

"There is so much we can learn from what happened here," he said over the phone from Krakow, Poland, ahead of his visit to the camp where roughly 1.1. million were killed. "And you can take those lessons and apply it to the present."

With construction set to begin on the national Holocaust monument this year, Uppal hopes to one day tell the story of what happened during the Holocaust to his children.

"It's so important that we pass on this history to future generations," he said.

THE CANADIAN PRESS

Instagram and Facebook users in Canada, Asia, the U.S., Australia and the U.K. were affected when the social media websites stopped working for about an hour Monday. THE ASSOCIATED PRESS FILE

Facebook dismisses cyberattack

Lizard Squad. Group of hackers had claimed responsibility on Twitter for outages

Facebook said the outage that made its social media sites inaccessible worldwide for about an hour Tuesday was self-inflicted.

Users of PCs and Facebook's mobile app reported they lost access in Asia, Canada, the United States, Australia and the U.K. Facebook-owned Instagram was also inaccessible.

Facebook said the disruption was caused by a technical change and wasn't a cyberattack. "This was not the result of a third party attack but instead occurred after we introduced a change that affected our configuration systems," it said in a statement.

The temporary loss of service may be Facebook's biggest outage since Sept. 24, 2010, when it was down for about 2.5 hours.

Guillermo Lafuente, security consultant at MWR InfoSecurity, said a technical fault was more plausible. A denial-of-service attack would have made the sites unreachable rather than accessible with an error message displayed, he said. Facebook's use of multiple data centres also meant an attack on one would have affected one region, while this outage was worldwide.

Also, restoring service would be a matter of reversing the technical changes, which matched with the brevity of the outage, LaFuente said.

THE ASSOCIATED PRESS

Jobs

Tim Hortons to lay off staff at HQ

Tim Hortons is refusing to say how many employees will lose their jobs at its headquarters and regional offices in a reorganization of its operations announced Tuesday.

A spokeswoman said Tuesday it's "still in the process" of notifying staff members who will be affected by widespread changes to its Oakville, Ont., offices and regional offices across the country.

While the company plans to keep its headquarters in Oakville, staff outside its restaurants were not protected under a promise by Burger King to maintain jobs at Tim Hortons franchises across Canada for five years.

THE CANADIAN PRESS

Loans and mortgages

Big banks finally cut prime rate

Canada's big banks have started passing on some — but not all — of the Bank of Canada's rate cut. Royal Bank was the first to cut its prime rate to 2.85 per cent, effective Wednesday followed by Bank of Montreal, TD Bank, CIBC and Bank of Nova Scotia.

THE CANADIAN PRESS

Market Minute

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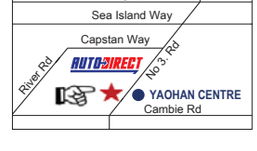

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VOICES

IN DEFENCE OF WINNIPEG

Or, how I learned to stop worrying and 'splain my city in the face of racism accusations

ELISHA DACEY
readers@metronews.ca

Winnipeg Mayor Brian Bowman responds to the Maclean's article on Thursday. Metro's Elisha Dacey argues that Winnipeg was working on its problem with racism long before Maclean's and its "Toronto-splaining" supposedly started the conversation. SHANE GIBSON/METRO IN WINNIPEG

I'm getting bloody tired of defending my city.

"Why do you live there?"

From the snobbish comments about mosquitoes (yes, they can be bad) to the jokes about Winterpeg (yes, winter can be bad), it gets tiresome. Especially when the bulk of the snobbery comes from Canada's wannabe capital.

I think Winnipeg Free Press policy reporter Mary Agnes Welch said it best when she tweeted, "Is it just my Western Canadian chip, or are others cranky with pubs like @globeandmail & @MacleansMag Toronto-splaining our problems to us?"

I share your chip, Mary Agnes.

The latest "Toronto-splain" comes from Maclean's, which branded Winnipeg as having the country's worst racism problem.

Speaking of problems, there are several with the article. For example, the statistics used are for the entire Prairies, not for Winnipeg. The example of Tina Sinclair as a racially motivated murder is flawed, as we don't know who killed her or why. Aboriginal teen Rinelle Harper was sexually assaulted, beaten and thrown into the river by two aboriginal men — that's not racist, that's simply horrific.

But the most frustrating thing for me is that the writer, former Winnipegger Nancy Macdonald, came "back" after the article to meet with local groups. She told the CBC that she was there in hopes of witnessing change and the start of the conversation. News flash, Nancy: We've been talking about it for years. We've been changing for years.

Winnipeg Mayor Brian Bowman reacted to the article by agreeing we have a problem, because we already know this. It's systemic. Anyone who followed the story of Brian Sinclair, an aboriginal man who died from a treatable bladder infection in a Winnipeg emergency room because nurses figured he was a drunk sleeping it off, knows it's a problem.

But we're not afraid of challenges, and we've already started. The city established a Citizen Equity Committee in 2001 with a mandate to advise council on how to integrate and respect all cultures. Meet Me At The Bell Tower is a local group founded a few years ago by a young aboriginal activist living in the city's most depressed neighbourhood as a rallying cry for all Winnipeggers to lift themselves up. There are numerous other examples.

But change like this takes time. It takes generations.

I've lived in other cities. They're racist, too. And they're full of crumbling infrastructure and crooked politicians and bad weather and bugs that bite.

So why do I live here? We embrace winter. We put on bug spray and dance in the city parks. Our music scene is arguably the best in the country. Culturally, you will not find a stronger city. At festivals such as Fringe and Folklarama and Festival du Voyageur, we celebrate our differences. We ignored the naysayers and built the stunning Canadian Museum for Human Rights.

And we've admitted we have a racism problem. Have you?

Elisha Dacey is the Managing Editor of Metro Winnipeg and loves her city. Find her on twitter @elishadacey.

Bell's Let's Talk Day

Damn shame: Overcoming stigma in mental illness

STEPHANIE ORFORD
readers@metronews.ca

The view count on Brene Brown's TED Talk about shame clocks in at more than 4.5 million. Though we're loath to admit it, shame is a hot topic.

It's a major reason people don't seek help with anxiety, depression and other mental-health issues. With today's Let's Talk Day, a campaign by Bell to raise awareness of and reduce the stigma around mental illness, and raise funds for Canadian mental-health initiatives, shame needs to be part of the discussion more than ever.

Sound familiar?

"It's normal to have this level of stress. I'm just not very good at dealing with it."

"I can't say anything now. Too many people are depending on me."

"There are people who are so much worse off than I am, so I have no right to complain."

If you've felt any of these, you're not alone.

Work-related stress, for instance, is ubiquitous. Nearly a third of Canadians experience high levels of stress in the workplace, according to a report released by the Mental Health Commission of Canada last week. A common thread in the report, which outlined 13 key indicators of mental illness in Canada, was that they affect us all. The report identified surprisingly high numbers of people who experienced mental-health issues in everyday situations.

Talking point:

2 OUT OF 3 PEOPLE DON'T SEEK HELP BECAUSE OF FEAR OF JUDGMENT AND REJECTION

CANADIAN MEDICAL JOURNAL

Talking point:

20% OF CANADIANS WILL EXPERIENCE SOME FORM OF MENTAL ILLNESS AT ONE POINT IN THEIR LIVES

CANADIAN HEALTH RESEARCH

Mental wellness in schools was another major concern. The report found that a shocking 20 per cent of post-secondary students may have engaged in self-harm, a warning sign that colleges and universities need to pay keen attention to their students' mental well-being, and provide more methods of support. Encouraging in-class discussions about coping with stress would be a good start. The ideals of perfection in school, work and relationships are rampant and poisonous. Magazines publish unrealistic profiles of successful people and give advice on how you can hold the perfect dinner party, get perfect abs, be a superhuman. If these are the standards we internalize, it's no wonder we feel shame when our lives and feelings don't measure up.

Talking point:

3 MILLION CANADIANS HAVE DEPRESSION RIGHT NOW

CANADIAN MENTAL HEALTH ASSOCIATION

LET'S TALK: SHARE YOUR MENTAL-HEALTH STORY
readers@metronews.ca

Acknowledging and accepting that yes, life is complicated, is critical to overcoming the shame barrier in mental illness. The government, media, schools, employers and individuals need to acknowledge that negative feelings exist, and we need to talk about them.

Reality is messy. And that's OK.

Stephanie Orford is a writer based in Vancouver.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS GETTY IMAGES

Taylor used to write about exes, now she writes about convicts

Who doesn't love a good bizarre lawsuit? Jose Hilario, who is currently serving a 10-year prison sentence for child pornography, is suing Taylor Swift for $100 million US on the claim that she used his life story for lyrics on her hugely successful album 1989. In the handwritten — yes, handwritten — filing obtained by Radar Online, Hilario claims that he and Swift began an email correspondence in 2008 shortly after she turned 18 and started connecting via Skype because Swift "was lonely and sad and that she needed someone to chat with." After two months of virtual friendship, Hilario says they met up at a Rhode Island mall on April 13, 2008. "They hugged and kissed each other," the suit claims, adding that Swift promised "she would help him with his legal problems and that she would write and sing songs about him." The problem, he claims, is that Swift only did half of that, as he apparently discovered upon listening to 1989.

"I know for a fact that the defendant have a good heart and that she will come back to her senses and not forget her promise that she made to me," Hilario's suit states, mysteriously switching from third to first person. It may seem odd, though, that a friend looking for legal assistance would also demand $100 million, but there you go. Oh, and Hilario is also asking Swift to introduce him to Miley Cyrus. Because of course.

Benedict Cumberbatch

Benedict admits he's 'an idiot' for using outdated racial term

Benedict Cumberbatch, star of Sherlock and the Internet's official boyfriend, is very, very sorry for an uncharacteristic misstep. While discussing the differing difficulties black actors face in the U.K. versus the U.S., Cumberbatch used an unfortunately outdated phrase: "I think as far as coloured actors go, it gets really different in the U.K., and a lot of my friends have had more opportunities (in the U.S.) than in the U.K.," he told Tavis Smiley during a visit to his PBS show. And now he's very, very sorry. "I'm devastated to have caused offence by using this outmoded terminology," Cumberbatch says in a statement. "I offer my sincere apologies. I make no excuse for my being an idiot and know the damage is done."

Police still investigating Emile's Sundance dust-up

Things apparently got more than a little heated between actor Emile Hirsch and an unidentified female Paramount Pictures executive at a Sundance after-party. The altercation reportedly took place early Monday morning at Tao's pop-up club at the film festival. "Something happened between the movie exec and Emile, and she said she had been assaulted and asked security to call the police," a source tells Page Six. "Emile didn't leave the scene, and calmly waited for the police to arrive, and spoke with them until around 5 a.m., after which he went home with his friends. No arrests were made." That could change, though, as Salt Lake City police are said to still be investigating the matter.

Emile Hirsch

Tom Cruise and Nicole Kidman

Scientology doc is already causing trouble

We all knew Alex Gibney's new Scientology documentary, Going Clear, was going to be controversial. But even still, some of the details coming out are pretty astounding. For instance, when Nicole Kidman and Tom Cruise initially separated, Cruise reportedly wanted Church operatives to bug her cellphone due to fears that she would divulge secrets about the organization. And about that breakup? It was apparently "facilitated" by former church official Marty Rathburn. How helpful!

Gary takes aim at the American Sniper fracas

Gary Sinise is very angry at former Vermont Governor Howard Dean. Well, not so much angry, as that's sort of his point. But miffed. Let's go with miffed. Dean weighed in on the ongoing controversy over the polarizing blockbuster American Sniper, telling Bill Maher, "There's a lot of anger in this country, and the people who go see this movie are people who are very angry ... I bet if you looked at a cross-section of the Tea Party and the people who go to see this movie, there's a lot of intersection." So Sinise, a noted veterans advocate, decided to strike back, tweeting: "I saw American Sniper and I would not consider myself to be an angry person. You certainly have a right to make stupid blanket statements, suggesting that all people who see this film are angry, but how is that helpful, sir?" Come on, guys. This won't be any fun if you're going to be so darned polite.

Gary Sinise

Twirlgate, mani-cams and sexism pushback

Backlash. Women are using social media to voice concerns about how female celebrities, athletes and politicians are treated by reporters

Canada's Eugenie Bouchard gestures during her women's singles match against Maria Sharapova at the 2015 Australian Open tennis tournament in Melbourne on Tuesday. Bouchard was a hot topic on social media last week after a male interviewer asked her to twirl around. PAUL CROCK/AFP/GETTY IMAGES

Eugenie Bouchard. Hillary Clinton. Julianne Moore.

What do they have in common? For one, they're all notable women in their respective realms. Many say they've also been on the receiving end of gendered treatment from the media, fielding questions about their outfits instead of their accomplishments, for example. But if online pushback is any indication, women are getting fed up ... and making their voices heard.

Bouchard, the Canadian tennis star, was a hot topic on social media last week after twirling at the request of a male interviewer during the Australian Open.

As for Clinton, the ongoing will-she-or-won't-she debate over her potential 2016 presidential run led has led to speculation about how her daughter's pregnancy would affect her decision.

And at Sunday's Screen Actors Guild awards in Los Angeles, Moore and fellow celebs Jennifer Aniston, Reese Witherspoon and Tatiana Maslany, the Canadian star of Orphan Black, all rejected E!'s controversial mani-cam. (For those who don't know, it's exactly what it sounds like: a camera devoted to offering a close-up look at the manicures of female celebrities.)

"I got a text from my son saying, 'Yeah, blow off the mani-cam,'" Moore told reporters after the event. The gimmick was in the spotlight at last year's SAG awards too, when Cate Blanchett snubbed E!'s request, asking, "Do you do that to the guys?"

After Sunday's round of rebuffs, Twitter was filled with support for the actresses who opted out. "Tatiana Maslany is a role model because even amongst peer pressure, she turned down the Mani-Cam," tweeted MTV staffer Lauren Pokedoff.

"Will all these celebs refusing to do mani-cam finally get E! to stop trying to make it happen?" wondered Vlada Gelman, an editor at TVLine.com.

"There they are — red carpet, lights glaring — and they almost did (the mani-cam) and then they said no. I thought, 'Good for you ... for standing up and defining your limits for what is acceptable,'" says Elissa Freeman, a pop culture expert and communications strategist.

But she says it will take more women making a stand — and men, too — to fully change the conversation and shift public consciousness.

"Until people say, 'Smarten up,' then you're not going to get any change, and they're still going to get the mani-cam at the next award show," Freeman says.

As for Bouchard, an incident being called Twirlgate has met with derision from several women in the global sporting community.

"Can you give us a twirl and tell us about your outfit?" Bouchard was asked on camera. She obliged, burying her face in her hands.

"This is truly sexist," tweeted Billie Jean King, an American former tennis champion.

"It was an insult to women's sport," echoed England women's football captain Kelly Smith in an interview with the Mirror.

Freeman says women are increasingly taking a stand against this kind of gendered treatment from the media.

"Women's voices are starting to be heard and it seems they're using social media as a platform to do that, because they're not necessarily being asked by the press about these things," Freeman says.

That includes participating in online campaigns like therepresentationproject.org, an initiative pushing to change how interviewers talk to women on the red carpet. The hashtag, started early last year by the Representation Project — an organization geared toward challenging and overcoming limiting gender stereotypes — is still being used through the 2015 award season. TORSTSAR NEWS SERVICE

Magic!'s reggae nabs five Juno nominations

Magic! HANDOUT

Magic! is the leading nominee heading into this year's Juno Awards.

The Toronto group's reggae-infused single Rude is up for single of the year, while they're also nominated in the Juno Fan Choice, breakthrough group, top songwriter, and pop album of the year categories.

Leonard Cohen and Calgary's Kiesza have four nominations apiece.

Rockers The Arkells will perform at the awards show, which is being staged in their hometown of Hamilton, along with Magic!, Kiesza, Hedley and Shawn Mendes.

Neither Magic! nor Kiesza had ever been up for a Juno before hot-stepping into a collective nine nominations this year.

The show will air live on CTV on March 15.

THE CANADIAN PRESS

Notable

For the first time since 2009, Justin Bieber failed to land a single Juno nomination.

Among the nominees from Vancouver are:

- Hedley for single of the year for Crazy for You
- Hedley for album of the year for Wild Life
- Nickelback for album of the year for No Fixed Address
- Bryan Adams for artist of the year
- Sarah McLachlan for artist of the year
- Mother, Mother for group of the year
- Nickelback for group of the year

Phoenix rising for golf fans

Sports travel. Phoenix-Scottsdale is the place to be this weekend with a rowdy PGA event and the Super Bowl

BRIAN KENDALL
canadiangolftraveller.com

The par-three 16th hole at the Waste Management Phoenix Open is surrounded by rowdy fans. CONTRIBUTED

The TPC Scottsdale Stadium Course expects to welcome more than 590,000 visitors during the Phoenix Open. CONTRIBUTED

For four eagerly anticipated days starting tomorrow, the twin cities of Phoenix-Scottsdale will be the focus of the sports universe.

First up is the Waste Management Phoenix Open, which annually draws the loudest, rowdiest and largest crowds on the PGA Tour. And overlapping the tourney's final round on Sunday is Super Bowl XLIX at University of Phoenix Stadium. The NFL showdown will be viewed by an estimated 112 million fans worldwide.

With more than 100,000 out-of-town visitors expected for both events, this year's Phoenix Open at the newly remodelled TPC Scottsdale Stadium Course is almost certain to shatter last year's record attendance of 590,000.

Billed as the Greatest Show on Grass, the tournament is a sports marketer's fantasy come to life.

Even non-golfers feel obliged to make the scene. Young women in stiletto heels and skin-tight dresses stream through the gates to flirt with shirtless, face-painted and inebriated young men. In the evening, the party refuels at the Coors Light Birds Nest, a temporary nightclub under a giant tent.

Wildest of all are the crowds that overflow the grandstand surrounding the par-three 16th hole. Players are variously greeted by cheers, boos and name-calling as they enter the stadium. Those who make poor tee shots are berated mercilessly as they take their walk of shame to the green.

Easily forgotten in the hoopla is the Stadium Course's prominence among the groundbreaking desert courses that have made Phoenix-Scottsdale one of the world's top golf destinations. Designed by Tom Weiskopf and Jay Morrish, the course brilliantly blends large patches of natural desert with just 28 acres of green fairways.

Beginning in the 1980s, local water restrictions forced Weiskopf, Morrish and other architects to limit their use of turf fairways and instead embrace the natural drama of the Sonoran Desert. Tee boxes were isolated in seas of sagebrush, cacti and sand. Giant saguaros were used to frame landing areas edged by dusty gullies known as arroyos.

And in their most radical innovation, architects frequently made golfers fly their approach shots to greens protected by large and gnarly waste areas.

Today, more than 200 of Arizona's 300 courses are found in the Phoenix-Scottsdale area. Other top clubs include Grayhawk Golf Club, We-Ko-Pa Golf Club, Troon North Golf Club, The Boulders Golf Club, ASU Karsten Golf Course, Wildfire Golf Club, Raven Golf Club, Dove Valley Ranch Golf Club, Eagle Mountain Golf Club, and McDowell Mountain Golf Club.

But more than any other, the Stadium Course has spread the gospel of desert design around the golf world. This year's tournament will showcase an eight-month, $12-million facelift of the course by Weiskopf.

Greens were relocated on several holes, bunkers reshaped and more than 250 trees planted.

Adding to the growing excitement was the recent announcement by Tiger Woods that he will play in the Phoenix Open for the first time since 2001. Ticket sales exploded following his entry.

It's going to be a crazy four days.

Where to stay:

- **Fairmont Scottsdale Princess.** Located next door to the TPC Scottsdale Stadium Course, this popular luxury hotel is home base for many of the visiting PGA Tour pros.
- **Westin Kierland Resort & Spa.** This tastefully decorated hotel in North Scottsdale features 27 holes of golf just steps from the lobby doors.
- **Four Seasons Resort Scottsdale at Troon North.** Nestled in the foothills of Scottsdale's Pinnacle Peak, this luxury resort offers easy access to nearby Troon North Golf Club.

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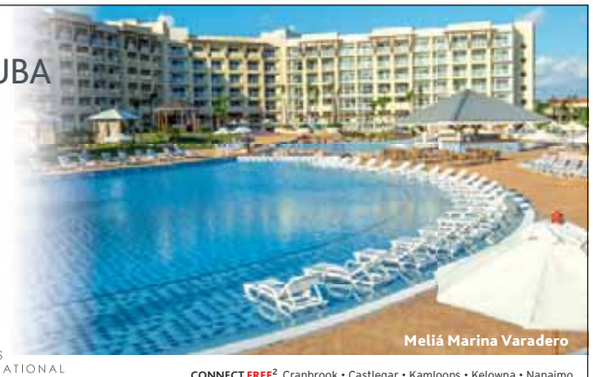
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Live as the locals do in the City of Angels

Off the beaten path.
Experience the 'made in L.A.' mantra, but don't forget to hit the beach

VAWN HIMMELSBACH
For Metro

L.A. at night is booming, especially Koreatown, which has one of the largest concentrations of nightclubs and 24-hour restaurants in the U.S.

Venice Beach boardwalk is one of the main beaches is L.A., but there are others not to be missed. PHOTOS COURTESY LA TOURISM

Los Angeles is all about Hollywood glamour and California beach culture, but it's easy to get off the tourist track and experience it like a local.

Downtown L.A.'s Arts District is undergoing a renaissance, with local street art, artisan coffee shops, and new restaurants opening up in converted industrial buildings.

"It's got its own vibe and personality," said Molly Morgan, assistant manager of communications with the Los Angeles Tourism & Convention Board.

L.A. artists helped pioneer the global street art movement back in the 1960s.

Today, the city is home to thousands of street murals from modern to impressionistic — with one of the most condensed collections in the streets of the Arts District.

Like the rest of the city, there is a focus here on "made in L.A." — whether it's locally-grown ingredients used in restaurants or locally-crafted jewelry, clothing, and artwork.

Downtown L.A.'s Grand Central Market, for example, celebrates the cuisines and cultures of L.A., from Sarita's Pupuseria to Horse Thief BBQ and The Oyster Gourmet. This 30,000-square-foot arcade is both a food emporium and retail marketplace, which also serves as a hub for public events.

Of course, a trip to L.A. would be remiss without spending some time at the beach. Aside from Santa Monica and Malibu, the other big beach is Venice. And while the infamous Muscle Beach has found its way into countless movies and TV shows, there are lesser-known enclaves that are worth exploring, according to Morgan.

Walk, bike, or in-line skate down the carnival-like Ocean Front Walk, or even learn to surf. Rent a bike, blades or board, or try a Legends bike tour (from Perry's Cafe) that winds its way through the Italian-inspired canals of Venice.

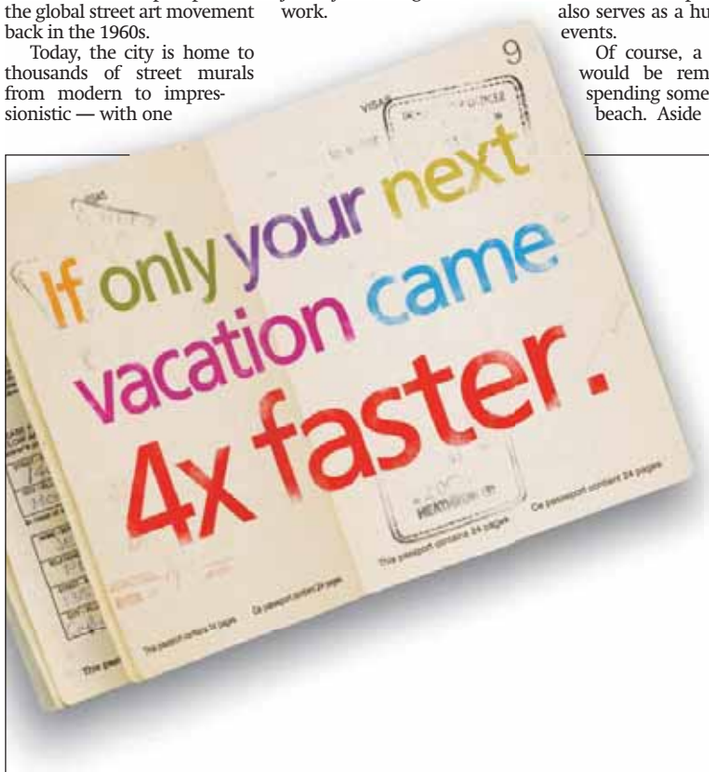
While in Venice, check out Abbot Kinney, which GQ magazine calls the "coolest block in America." Considered one of L.A.'s hippest shopping districts, Abbot Kinney offers everything from artwork to jewelry and clothing from homegrown artists and designers, with an ever-evolving culinary scene (try Baja-style codfish tacos at Oscar's Cervetec or sip a blood orange julep at Barlo's open-air rooftop lounge).

In Venice, visitors can also get a taste of L.A.'s thriving food truck scene, with affordable gourmet fare that reflects L.A.'s cultural diversity, from Mexican, Japanese and Jewish to distinctly Californian fare. To track down a food truck, check out findlafoodtrucks.com.

For nightlife, head to Koreatown, just west of downtown L.A., which Morgan said caters to the more adventurous traveller. Once the centre of Golden Age Hollywood, K-town is now one of the most diverse neighbourhoods in L.A.

Forgo the rental car

- Whether you want to take in L.A.'s music scene, beach culture or diverse neighbourhoods, it's possible to explore this sprawling metropolis without a car. The Los Angeles Tourism & Convention Board offers a series of self-guided, car-free itineraries to explore L.A. by foot, bike, or Metro.



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Turn to pantry staples when you're in a rush

Dinner. Penne and Rapini Tuna Pasta combines common — and tasty — ingredients

DINNER EXPRESS
Emily Richards
food@metronews.ca

Pantry staples are a huge help when it comes to making dinner an effortless affair.

Be sure to stock all your favourites and then try using them in different ways.

If you are a fan of tuna sandwiches, you might want to give this simple pasta a try!

A fresh and flavourful ingredient, rapini, also known as broccoli rabe, gives this pasta dish a big hit of vegetable flavour with a kick of Italian flare.

Cooking greens like rapini ahead of time helps remove some of the bitter flavour that often associated with them. Letting it cook in the sauce helps soften it, too.

Cooking the rapini ahead of time will also make this dish even faster. Simply cook the rapini, drain it well and remove any excess water. Let it cool and store it in container in the refrigerator for up to up days.

You can also try this make-ahead method with other greens like kale and collards.

If there are any leftovers, be sure to make a frittata with the remains. Simply beat eggs and stir them into the pasta. Pan-fry the mixture and once the egg is set on both sides, you have yet another meal.

Ingredients

- 1 bunch of rapini (about 1 lb/454 g), trimmed
- 1 tbsp (15 ml) extra virgin olive oil
- 4 cloves garlic, minced
- 1/2 tsp (2 ml) hot pepper flakes
- 1 cup (250 ml) canned diced tomatoes with juices
- 2 tbsp (30 ml) basil or sun-dried tomato pesto
- 2 cans (170 g each) low sodium light flaked tuna in water, drained
- 1 box (375 g) whole wheat, gluten-free, rice or spelt penne pasta
- Freshly grated Parmesan cheese

Directions

1. Chop rapini into 1-inch (2.5 cm) pieces and place in pot of boiling water. Cook, stirring for about 10 minutes or until tender. Drain well and press any excess water out of rapini.

2. In large deep nonstick skillet, heat oil over medium-high heat and cook rapini, garlic and hot pepper flakes for about 4 minutes or until starting to crisp. Add tomatoes, pesto and tuna and boil gently, stirring occasionally for about 10 minutes or until thickened.

3. Meanwhile, in pot of boiling water, cook pasta 10 minutes or until tender but firm. Drain well, reserving 1/2 cup (125 ml) of cooking water. Add pasta to skillet and toss with sauce, adding enough of the cooking water to moisten if necessary. Sprinkle with cheese.

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves eight. EMILY RICHARDS

Easy pizza-inspired pasta

This yummy pasta is based on the classic margherita pizza, which is topped with tomato sauce, cheese and fresh basil. Often the simplest things taste the best.

1. In large pot of boiling salted water, cook pasta for about 11 minutes until al dente, or according to package directions.

2. Meanwhile, in a large pot, melt butter over medium heat. Add garlic, thyme, salt and hot pepper flakes. Cook 1 minute. Sprinkle with flour; cook, whisking for 1 minute. Gradually whisk in milk. Bring to a boil and reduce heat. Whisk for 3 to 5 minutes or until smooth and thickened. Stir in tomatoes and Parmesan.

3. Drain pasta and return to pot. Pour in sauce; toss, stirring 1 to 2 minutes over medium heat to coat pasta. Stir in Bocconcini, basil and salt to taste, if needed. Serve with grated Parmesan. DAIRY FARMERS OF CANADA / MILKCALENDAR.CA

Ingredients

- 12 oz (375 g) penne pasta
- 2 tbsp (30 ml) butter
- 4 cloves garlic, minced
- 1-1/2 tsp (7 ml) dried thyme
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) hot pepper flakes
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- 2 cups (500 ml) cherry tomatoes, cut in half
- 1/2 cup (125 ml) grated Canadian Parmesan
- 12 1-inch (2.5 cm) mini Canadian Bocconcini
- 1/2 cup (125 ml) fresh basil leaves, thinly sliced
- Canadian Parmesan for serving

This recipe serves four to six people. MILKCALENDAR.CA

LUCKY WINNER GETS TO DINE OUT ALL YEAR LONG!

One lucky Dine Out Vancouver Festival enthusiast is going to be a popular dinner date this year.

The winner of Tourism Vancouver's coveted "Dine Out For a Year Contest" will win 52 restaurant gift cards to participating Dine Out Vancouver restaurants. That's the equivalent of dinner out every week for a year!

The gift cards range in value from $50 to $100 and are intended for two people to dine at the given restaurant. And just like Dine Out, restaurants are spread across Metro Vancouver meaning you could be noshing in North Van one week, and dining downtown the next.

Now that you're drooling, let's talk details. How do you enter this delicious contest? Just like a great meal, it's all about sharing.

To enter the "Dine Out For a Year Contest", share your Dine Out Vancouver Festival photos, stories, videos and experiences on Twitter, Facebook or Instagram using the hash tag #MyDineOutStory. And don't forget to follow @DineOutVanFest to stay up to date with festival happenings and events.

After the festival wraps on February 1, Dine Out organizers will judge the entries based on creativity, photographic quality and how well the post showcases the festival. One winner will be selected for the ultimate grand prize of 52 restaurant gift certificates with a total value of $3900! Now that's something to raise a glass to.

For full details:
DineOutVancouver.com
Amber Sessions for Tourism Vancouver

Engaging beyond the standard back 'n' forth

Career. The traditional interview structure has changed, as well as employers' expectations

CELINE TARRANT
TalentEgg.ca

The 360-degree interview is often a difficult concept for job-seekers to wrap their head around — many of us have been taught that an interview is a place where you must impress your employer to have a shot at that elusive job.

However, the scenario where an employer rapid-fires questions at a candidate is long gone — candidates are expected to engage on a similar level to the employer. This means asking questions and taking a lead on the engagement as well.

If you ask the right questions and engage in meaningful conversation, you will be able to spot a good cultural and functional fit in the company, and have the added benefit of impressing the hiring manager with how prepared and engaged you are.

Practise the art of 'small talk'

We're all familiar with interview small talk — the slightly awkward, polite conversation that happens right at the beginning of your interview. Rather than rushing to get to the 'real' part of the interview, let the conversation flow, ask questions, and engage in actual conversation.

Think of yourself as a business partner — your job is to represent your brand and build relationships. Only in this case, the brand you are representing is yourself.

Try taking the lead on conversations, and initiating small talk. It shows leadership and the ability to connect with others — a huge asset in the workplace. On top of all that, your interviewer will likely appreciate your genuine interest in how their day is going, what they enjoy doing, and in having a little friendly conversation with them.

Change the flow of dialogue

Traditionally, employers open up the end of the interview for the candidate to ask questions. However, unless you're specifically instructed to hold your questions for the designated time, asking questions during the interview is a great way to show your ability to converse and probe for information.

For example, if the interviewer mentions the company has a very "performance-driven culture", ask them to give an example. They should be able to elaborate on the performance management process in the organization including how the company recognizes top performers, how business goals are communicated in the organization, how performance is measured and monitored.

Simple questions such as "can you elaborate on that a little?", "What do you think about that?", "What would you change about that?", and "Can you give me an example of that?" can instigate some really good dialogue throughout the interview. The flow of the conversation changes — it's more of a back-and-forth dialogue rather than a Q&A. This structure is much more interactive, and allows the interviewer a glimpse as to how you perform in a business environment, and how you would engage in conversation when talking to clients and co-workers.

Make conversation

It's easy to tell someone to "make great conversation" or "ask great questions" — but what does that mean? In your interview, make sure that the questions or conversations you bring up focuses on career success on a high level. Doing this will show that you are capable of leadership, planning, and potentially growth within the company in the future.

It's important to consider your audience as well. The type of questions and conversation you are going to have in a job interview will differ depending on your interviewer.

For example, if you are interviewing with a talent acquisition specialist, initiating a highly technical discussion about the company won't be useful for either of you. However, these individuals will be a goldmine of information about culture, retention, and development opportunities.

If you are interviewing with your potential manager, you should definitely be able to ask some very specific questions about the role and how it fits into the team, but you wouldn't want to ask about something like benefits or compensation.

It's important to remember that your interviewer is an actual person, and not just a barrier between you and the job. ISTOCK

Constructive questions

Here are some tips for starting conversations:

- **Ask about the superstars.** If you want to be a top performer at this company, you need to ask what the best of the best look like and what attributes you need to have to be one of them.
- **Ask about the future.** What does the future of this company look like? How are they planning to grow and navigate competition and challenges in the market? And how does the role you're interviewing for fit into the big picture?
- **Ask about your future.** What development opportunities exist at the company? How will the company support your learning objectives?

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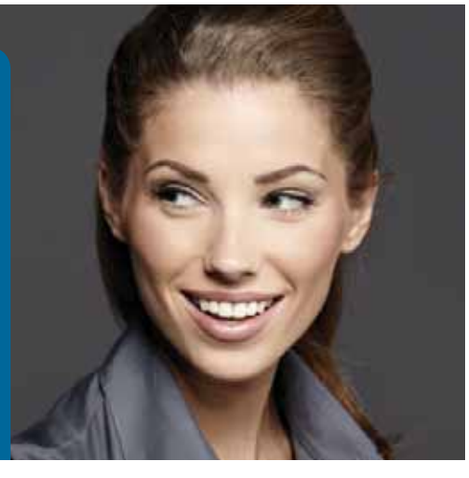


The line between brave and burned out

Career. Will putting in a few extra hours add to or subtract from your official duties?

CELINE TARRANT
TalentEgg.ca

Going above and beyond is a great way to get your manager's attention, to stand out at work, and to signal that you are ready for that promotion. However, in today's busy work environments, you are probably already strapped for time. If you do take on extra responsibility, you want to make sure it's a value-add for both you and your employer.

Here's how:

Where are you now? Where are you going?

Before you try to take on more at work, you need to identify where you are now, and where you would like your next big career move to be. Then, you need to identify the skill and experience gap that exists, and how going above and beyond in your current job will help you get where you want to go. This knowledge will help you pick targeted opportunities that address the skill gap in a meaningful way, and not just add more work to your plate.

Consider this example: Your current role is very analytical, and doesn't require much interaction with others, but the job you want requires a lot of client interaction and presentations. It would be easy to volunteer to do some more reporting or analytical tasks, but it would be far more valuable to find a task that will help you develop the necessary public speaking and communication skills. For instance, you could volunteer to present the daily sales results, ask your boss if you can present some updates at your next department meeting, or ask to start sitting in on some client meetings.

Add incremental value

When it comes to taking on side projects at work, there's no need to re-invent the wheel. Chances are there are tons of internal processes and projects that are in dire need of improvement. You probably see tons of examples of reporting that could be streamlined and projects that have been neglected.

We all have good ideas that never see the light of day, either because we are too nervous to speak up, or too busy to bother.

Next time you have an idea, propose a plan for implementing it, present it to your boss, and ask if you can take ownership of the initiative.

In the best-case scenario, your boss will say yes, and you have a great opportunity to lead a project.

In the worst-case scenario, you've provided your boss with a resource for tackling an organizational problem that they may be able to use in the future.

Additionally, they will remember your willingness to go above and beyond, and will be more likely to come to you over others with future opportunities.

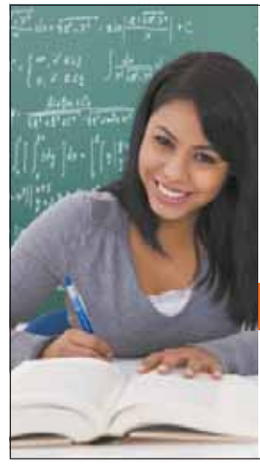
Tread lightly

Even though you might have the best intentions when trying to extend beyond your role at work, others might not always see it that way. When you think you are being helpful by taking on a new project, especially when it heavily overlaps with someone else's role, they may perceive this as you trying to "take over" their job, or outshine them. Always be respectful of other people and make sure you're not stepping on any toes before jumping into something new. Make sure you have your manager's support before going forward with a new project, so any questions and concerns that may arise can be appropriately directed.

Don't overdo it

- While it's commendable that you want to take on extra responsibilities at work, you need to be reasonable about how much you can handle at one time. It's always better to do a few things really well than spread yourself thin over too many commitments.
- Before offering to take on something new, honestly evaluate your schedule and be upfront about how much time you can commit to a new project. It's useful to set a fixed number of hours that you can spend on each side project or task each week, and stick to it to prevent the scope from creeping and taking over your primary responsibilities.

Before deciding to take on a little more, ask yourself if doing so will affect your ability to accomplish the tasks that need to get done. ISTOCK



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From left to right: Anaheim Ducks' Ryan Kesler, Kyle Palmieri and Rickard Rakell celebrate Palmieri's goal against the Vancouver Canucks during the second period of the Ducks' 4-0 victory Tuesday at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

Canucks' scoring woes on home ice continue

Thrashed. Shutout loss to Pacific Division-leading Anaheim Ducks at Rogers Arena

CAM TUCKER
cam.tucker@metronews.ca

Coming out of the All-Star break, the Vancouver Canucks talked about needing better results on home ice.

They're not off to a good start in trying to turn that around.

Their record at Rogers Arena fell to 11-9-1 after they lost to the Western Conference-leading Anaheim Ducks on Tuesday, 4-0.

On Tuesday

Ducks	Canucks
4	0

That's not the best way to begin a six-game home stand. The tale of woe doesn't stop there: the Canucks have now gone eight periods without a goal on home ice, dating back to Jan. 8.

The Canucks showed all the signs of a team that hadn't played in seven days.

Passes weren't connecting; pucks were bouncing and sliding off sticks; the legs looked heavy.

And after all that, Vancouver's team was, for a good portion of Tuesday's game, one shot away from getting back into it.

Canucks' goaltender Ryan Miller didn't have his best night.

Miller whiffed with the glove on a Matt Beleskey rolling-puck slap shot from long range that found its way to the top corner in the first period and let a Kyle Palmieri shot through his legs in the second period as Anaheim surged out to the lead.

The Canucks managed only seven shots on goal through the final 40 minutes against the Ducks.

Super Bowl Media Day

Lynch: 'I'm here so I don't get fined'

Marshawn Lynch smiled politely, waved at the crowd and answered every question the same.

"I'm here so I don't get fined," the Seattle Seahawks' star running back constantly repeated for five minutes before leaving the podium at Media Day on Tuesday. It's not clear if his plan will work.

About 200 reporters crowded around Lynch's podium for at least 15 minutes before he arrived. But the media-shy Lynch made it clear right from the start he wasn't saying anything except variations of his scripted answer.

Lynch set a timer on his phone and told everyone he showed up just to avoid a fine. Lynch caught a bag of Skittles tossed from Olympic gold-medal gymnast Shawn Johnson and stopped to pick up a reporter's recorder off the floor before he walked away.

Lynch later spoke to Entertainment Tonight about his foundation, the Fam 1st Family Foundation.

The Professional Football Writers of America was talking to the league about the session, and Lynch had been apprised of a potential fine. He is also required to be at media sessions Wednesday and Thursday.

THE ASSOCIATED PRESS

Marshawn Lynch GETTY IMAGES

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2015 Toyota Yaris

- **Type.** Two- or four-door subcompact hatchback
- **Engines.** 1.5-litre four-cylinder (106 hp)
- **Transmissions.** 5-speed manual or 4-speed automatic
- **Price.** $14,545 base, $17,665 as-tested

Market position

This is the segment where automakers advertise their rock-bottom prices, but be careful. Most base models don't come with air conditioning, power windows or other convenience features, so add in their cost for comparison if you want them.

Points

- The car's single wiper blade looks neat and does a great job of cleaning the windshield.
- Although it's officially a five-passenger, you should realistically expect to get just two adults in the back.
- Controls are simple and straightforward, but the lock and window buttons need backlighting at night.

The cabin has a lot of hard plastic, but it's both handsome and functional.

Interesting features

Nine airbags, USB port, power locks, digital clock, 60/40 folding rear seat, and rear wiper/washer are all standard equipment; options include a leather-wrapped steering wheel, keyless entry, heated mirrors and fog lamps.

Aging star gets a facelift

Review. Refreshed Toyota Yaris looks good but the unchanged mechanicals feel a little bit behind the times

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

Once a rather dull-looking little car, the Toyota Yaris gets a major facelift for 2015.

Sporting a grille reminiscent of some Lexus models, the company's entry-level runabout now looks the part in this competitive subcompact segment.

You can get it as a two-door hatchback, which comes in a single trim level at $14,545. The four-door hatch comes in two trim levels, starting with the LE at $15,695, and my top-line SE tester, which starts at $17,665.

Mine had a five-speed manual, while the available four-speed automatic takes it to $18,665.

The mechanicals didn't get changed in this update, and they're a little behind the times, but they do the job.

The 1.5-litre four-cylinder engine makes 106 horsepower and, although that doesn't sound like much, it's a fun little car to drive, especially with the stick shift.

A sixth gear would be nice, since the engine revs more than I like at highway speeds.

The suspension and steering have been tweaked, and the Yaris feels rigid and stable, with a tight turning radius that's handy for getting into tight parking spaces.

I'd like to see Toyota add hill-start assist, which momentarily holds the brake when you're stopped on an incline and gives you enough time to get your foot from the brake to the throttle without rolling backwards. It's handy for all drivers, but especially younger or inexperienced ones who are likely to be shopping in this price range.

Air conditioning, power windows, cruise control, and keyless entry are extra-charge on the base LE trim line, but standard equipment on the SE.

There's a lot of hard plastic in the cabin, as you'd expect for the price, but it's a handsome design and very functional.

The SE's sport-style seats are comfortable and fairly supportive, and you can fold down the rear seats for extra cargo space.

It may not be fancy, but the Yaris remains a viable contender in the little-car segment.

Compare

1 Nissan Micra
Base price: $9,998
Canada's least-expensive car can only be found here; it's not sold in the United States.

2 Hyundai Accent
Base price: $13,599
Hyundai has lowered its prices now that the new Canada-Korea Free Trade Agreement is in effect.

3 Ford Fiesta
Base price: $14,999
Three engines range from the 120-hp base to a 197-hp turbo hot-hatch version.

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Next-gen Volt will share Cadillac's battery regeneration system

The upcoming replacement for the Chevrolet Volt will get the same driver-controlled battery regeneration system already being used in the range-extended Cadillac ELR, reports Automotive News. The two vehicles now essentially share their power systems. The ELR's Regen on Demand allows the driver to decelerate while descending a hill or approaching a turn under braking, converting the car's kinetic energy into electricity stored in the battery pack. It gives drivers the opportunity to "finesse their eco-driving a little bit," controlling the regen directly and not just through the brake pedal, explained Volt chief engineer Andrew Farah. Two paddles on the back of the steering wheel allow the driver to adjust the amount of energy captured by the braking system.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

The next Chevrolet Volt will get some of the technical goodies that were saved for the luxury Cadillac ELR.

Automatic recharging system could make life easier for Tesla S owners

Tesla Motors founder and CEO Elon Musk announced this month that his company is working on a robotic arm for recharging its Model S electric plug-in sedans. It would eliminate the driver's need to plug in the car when parked. The robotic system would do away with the need to locate the cable, plug it into the car and turn on the charger. Musk tweeted that the charger automatically moves out from the wall "and connects like a solid metal snake." This was followed by a second tweet: "This can be used with all existing Model S cars, not just future ones."

What's worse than being too lazy to plug in your car? Forgetting. Tesla is working on an arm that will do it for you automatically.

Shift points

- Auto industry news, data and statistics provider WardsAuto has stretched the meaning of the word engine, by including an electric motor from BMW's plug-in i3 city car and Hyundai's fuel-cell powertrain from the Tucson on its annual Top 10 list of engines.
- Since it introduced the first Leaf electric plug-in sedan four years ago, Nissan and its partner-owner Renault have delivered more than 200,000 electric cars, which have driven roughly four billion zero-emission kilometres.
- Electric car owners in Northern Indiana are now getting free electricity to recharge their cars between the hours of 10 p.m. and 6 a.m.

Ferrari's laboratory car is a high-tech beast

Ferrari showed its latest rolling test bed in oil-rich Abu Dhabi in December. The FXX K is a rolling laboratory car based on Ferrari's first Hybrid model, the LaFerrari, and will be available to super-wealthy customers — called Client-Test Drivers — with whom Ferrari will roll out a test program over the next two years. The 40 copies in the works are all are spoken for. The K in its designation refers to the kinetic energy recovery system (KERS), but that doesn't make the FXX K exactly green. Just 190 of the car's total 1,036 horsepower output comes courtesy of the electric motor and KERS system, with the balance exploding from its advanced 65-degree V12 engine. No price was disclosed. KERS uses a small flywheel that's electrically spun up to very high revolutions during braking. The driver can then slow the flywheel to generate electricity for short bursts of power.

Electricity can improve fuel efficiency. But with supercars such as the Ferrari FXX K, it is instead used to generate more power.

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British indie rock band The Kaiser Chiefs helped launch Jaguar's new XE sedan in London last fall. CONTRIBUTED

Jaguar gets leaner, meaner in its return to former glory

Autopilot. The latest rebuild for the storied but recently tarnished luxury brand appears headed for success. Sorry Maple Leaf and Oiler fans

AUTO PILOT
Mike Goetz
drive@metronews.ca

Rooting for Jaguar is much like rooting for the Toronto Maple Leafs or Edmonton Oilers.

Lots of great history and many years leading the pack, only to be followed by a Sahara-like dry patch.

But you stay committed, because of the history, and because there is just enough semi-success here and there to keep you from abandoning all hope. But as each season comes and goes, you're left grasping at the only optimistic option: another total rebuild.

Well, at least one of these storied franchises finally appears ready to return to its former glory — rewarding its past, current and future fans. Here's a hint: it's not one that wears mouth guards.

Jaguar's latest rebuild effort looks to be the real deal, based on a massive investment by its current ownership group, Tata Motors of India.

Billions were spent on a new R&D centre and engine plant (both in the U.K.), and on a new assembly plant in China, which will produce Land Rovers and Jaguars.

A ton of money also went into developing Jaguar's new vehicle architecture, which has been in the works for years, and is finally ready for prime time.

Full of aluminum and very modular, it will form the basis of every new Jaguar coming down the pike, such as the new XE luxury compact, future compact and midsize luxury crossovers, the next-generation XF luxury sedan, and probably the next-generation XJ flagship as well. (Only the XF sports car has gone with a different architecture).

Iconic revival

Everybody loves the idea of the new F-type — the first real two-seat sports car from Jaguar since the iconic E-type of the 1960s.

When Tata bought Jaguar and Land Rover from Ford in 2008, analysts wondered how much pain it would have to go through before seeing any gain.

In 2010, global sales dropped to about 40,000 vehicles, a new and painful low.

But in just four short years, annual sales shot up to more than 100,000.

The new XF and XJ sedans initiated, and continue to build, momentum, and everybody loves the idea of the new F-type — the first real two-seat sports car from Jaguar since the iconic E-type of the 1960s.

Jaguar benefited from Land Rover's earlier, successful turnaround — the money was there to invest in Jaguar. The sharing of technology between the two brands will also help as they move forward.

And now we're hearing plans to sell both brands from the same showrooms, so that luxury shoppers will sense the breadth and variety of the combined brands as soon as they stroll inside the dealership.

That should help develop more customer loyalty to the Jaguar Land Rover family.

Like all other auto makers, Jaguar is banking on an aggressive push into China, now the world's largest luxury market.

The other trick up Jaguar's sleeve is loading up on German executive talent. Many ex-BMW managers are now in the Jaguar/Land Rover fold, ready to try a new version of the business plan that has made the Munich-based automaker so successful.

With Jaguar poised for a great run, a coaching change is neither necessary nor imminent.

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XLT MODEL WITH XTR PACKAGE $37,149*

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Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP).‡‡ Until February 2, 2015, receive $300/ $750/ $1,000/ $1,250/$2,000/ $2,500/ $2,750/$4,000/ $5,000/ $5,500/ $6,000/ $6,250/ $6,750/ $7,000/ $7,500/ $8,000/ $8,500/ $9,000/ $10,000/ $11,250/ $12,250 in Year End Clearout Cash (Delivery Allowances) with the purchase or lease of a new 2015 Fusion (excluding Hybrid)/ 2014 Focus BEV and 2015 Explorer/ F-150 Regular Cab XL 4x2/ Value Leader/ 2014 Focus (excluding Electric, ST, RS, Titanium)/ 2014 Escape S 2.5L FWD/ 2014 Escape S 1.6L EcoBoost FWD/ 2014 Escape S 2.0L EcoBoost FWD/ 2014 Escape S 2.5L FWD/ 2014 Escape SE 1.6L EcoBoost FWD/ 2014 Escape SE 2.0L EcoBoost FWD/ 2014 Escape SE 2.5L FWD/ 2014 Escape SE 2.5L 4WD/ 2014 Escape SE 1.6L EcoBoost 4WD/ 2014 Escape SE 2.0L EcoBoost 4WD/ 2014 Escape SE Sport 2.0L EcoBoost 4WD/ 2014 Escape SE Sport 2.5L 4WD/ 2014 Escape Titanium 1.6L EcoBoost 4WD/ 2014 Escape Titanium 2.0L EcoBoost 4WD/ 2014 Escape Titanium 2.5L 4WD/ 2014 Escape Titanium Hybrid/ 2014 Escape SE 1.6L EcoBoost/ 2014 Escape SE 2.0L EcoBoost/ 2014 Escape SE 2.5L/ 2014 Escape SE Sport 2.0L EcoBoost/ 2014 Escape SE Sport 2.5L/ 2014 Escape Titanium 1.6L EcoBoost/ 2014 Escape Titanium 2.0L EcoBoost/ 2014 Escape Titanium 2.5L/ 2014 Escape Titanium Hybrid/ 2014 Fiesta S/ 2014 Fiesta SE/ 2014 Fiesta Titanium/ 2014 Focus S Sedan/ 2014 Focus SE Sedan/ 2014 Focus Titanium Sedan/ 2014 Focus S/ 2014 Focus SE/ 2014 Focus Titanium/ 2014 Focus ST/ 2014 Focus Electric/ 2014 Fusion S/ 2014 Fusion SE/ 2014 Fusion Titanium/ 2014 Fusion Hybrid S/ 2014 Fusion Hybrid SE/ 2014 Fusion Hybrid Titanium/ 2014 Fusion Energi SE Luxury/ 2014 Fusion Energi Titanium/ 2014 Mustang V6/ 2014 Mustang V6 Premium/ 2014 Mustang GT/ 2014 Mustang GT Premium/ 2014 Mustang Boss 302/ 2014 Mustang Shelby GT500/ 2014 Transit Connect/ 2014 E-Series/ 2015 F-250 to F-450 (excluding Chassis Cabs) Gas engine/ 2014 CMAX, Taurus (excluding SE)/ 2014 Mustang V6 Premium/ 2014 Expedition and 2015 F-250 to F-450 (excluding Chassis Cabs) Diesel engine/ 2014 Mustang GT (excluding GT500)/ 2014 F-250 to F-450 (excluding Chassis Cabs) Diesel Engine/ 2014 F-150 SuperCab — all stripped chassis, cutaway body, F-150 Raptor and Medium Truck models excluded. Year-End Cash is not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/A/270/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives.†Until February 02, 2015, lease a new 2014 F-150 Super Crew XLT 4x4 (300A Package) and get as low as 0% lease annual percentage rate (APR) financing for up to 24 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a vehicle with a value of $44,149 at 0% APR for up to 24 months with $2,575 down or equivalent trade-in. monthly payment is $288 (Comparison payments are for reference purposes only and are calculated as follows: the monthly payment is annualized (multiplied by 12) and then divided by the comparison period (26 weeks for bi-weekly). For example $288 X 12 / 26 weeks = $133). Taxes payable on full amount of lease financing price after Year-End Cash and Ford Credit Lease Cash deducted. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions of 40,000km for 24 months apply. Excess kilometrage charges of 16cper km for F-Series, plus applicable taxes. Excess Kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. Purchase a new 2015 Fiesta S Sedan / 2015 Fiesta Titanium/ 2015 Fusion SE/2015 Fusion Titanium/ 2015 Escape S FWD with 2.5L engine / 2015 Escape Titanium for $16,239/$20,514/$25,099/$33,999/$24,499/$36,049 after Year-End Cash of $0/$0/$500/$500/$0/$0 and Winter Warm-Up bonus of $500/$500/$500/$500/$500/$500 is deducted. Taxes payable on full amount of purchase price after total Year-End Cash and Winter Warm-Up bonus has been deducted. Offers include freight and air tax but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. Dealer may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax, but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes

If you're driving an Aston Martin, the colour probably won't matter. For the rest of us, it's important. TORSTAR NEWS FILE

Car colours are personal, but blame Apple for boring white

The next time you buy a car, you might want to pause a while longer when deciding on the colour.

Top automakers throw millions of dollars at researching what the latest tastes are, and say the colour of a vehicle is so important to customers that it can be the difference between buying or not.

The recent auto show in Detroit saw all the classic colours — red for Ferarri, yellow for Porsche — and a few less conventional (a Nissan Titan pickup truck in "forged copper").

But there was no mistaking the preeminence of white — particularly at the Volkswagen booth, where several cars, the stairs, and much of the furniture were all white.

Of course, in a multibillion-dollar industry, nothing is left to chance.

At least two designers in Detroit referred to the "Apple effect" to explain the propensity for white vehicles.

"White for cars really peaked in the 1970s and 1980s, and then, all of a sudden, disappeared," said Volkswagen head designer Oona Scheepers, sitting at a white table, on white chairs, in a white room.

"But in the last 10 years, we have noticed an increase again in white. And it definitely came with the Apple iPod era, because Apple started to do everything with white, and a lot of nice chrome or metal finishes. In combination, it was really nice and fresh."

But black is still Volkswagen's best-seller. So if you choose a black vehicle over a white one, what kind of person does that make you?

"You could be sporty. But people in hot countries like white," Scheepers says. "White definitely deflects heat."

She also sees stark contrasts between countries, particularly when it comes to North America and China.

"China is going for very, very bold colours. America is still quite subdued. White sells extremely well here, and there is still a preference for champagne-toned body colours and a movement towards the reds.

"But China is going for gold, extreme greens — it's a mixture of a green and a brown — very expressive."

Volkswagen's research has also turned up a surprising anomaly: Younger buyers want more sober-coloured vehicles — while older drivers go for brighter ones. AFP

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*Model shown is a 2015 Impreza 2.0i SMT (FF1-20) with MSRP of $21,590 including freight & PDI ($1,595), documentation fees ($395) and battery and tire tax ($30). License, taxes, insurance and registration extra. Lease offer valid on all new 2015 Impreza 2.0i SMT 4-Door (FF1-20) model. MSRP of $19,995. Payment of **$219.17/mo. based on a 24,000 kilometer per year lease with excess charge of $0.10/km. ***3.9% lease rate for a 48 mo. term with $3700.00 down. Total lease obligation is $10,520.16. The residual value at the end of term is $9,397.65. Freight & PDI ($1,595), documentation fees ($395), and Battery and Tire Tax ($30), are included in payment. Lease security deposit & PPSA included. License, insurance, registration & taxes, extra. Financing and leasing programs available through Toyota Credit Canada Inc. on approved credit. Dealers may sell for less. Dealer order/trade may be necessary. †Comparison based upon Natural Resources Canada estimated highway fuel economy for all 2015 AWD vehicles. ††Based on manufacturer-estimated fuel economy of 9.5L/100 km (city) and 7.0L/100 km (highway) for a 2015 Subaru Impreza 2.0i SMT (FF1-20). Actual fuel consumption will vary based on driving conditions, driver habits, and vehicle load. ****Offers valid until March 2nd, 2015. Contact Richmond Subaru for complete details.DL #31550.

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Sales. Good looks trump pleasant personalities

Forget bang for the buck, small-car shoppers want to look good. CONTRIBUTED

Forget reliability, safety, performance or high-tech gadgets: when it comes to cars, buyers are more likely to fall for good looks than anything else.

Researchers from San Francisco State University, led by associate professor of marketing Minu Kumar, studied what it is about a car or brand that creates loyalty or passion.

They asked more than 700 drivers for their opinions of 30 vehicles, and discovered that looks have the biggest influence. Although aesthetics are obviously a major draw for luxury cars, the researchers were surprised to discover the same rules apply at the opposite end of the market — the 30 vehicles were chosen because of their small size and perceived practicality.

"In product design, if you focus more on the aesthetics of the product, the connections that you create with the consumer at the brand level will result in more loyalty and a more sustainable relationship," said Kumar. "You might think that segment wants more functionality, more bang for their buck. That may not necessarily be true." AFP

Fast, frugal sedan loaded with features

Second gear.
2011 to 2014
Chrysler 200

JUSTIN PRITCHARD
drive@metronews.ca

With its redesign for model year 2011, the Chrysler 200 gained more comfort, better handling, more features, a more upscale interior and more power — all while maintaining a high-value approach to delivering a four-door family sedan.

Appealing largely on equipment and performance levels relative to its price, the redesigned 200 sold from 2011 to 2014 inclusive and has now been replaced by an all-new 2015 model.

Look for such upscale features as automatic climate control, Bluetooth, motorized heated leather seats, a touch-screen navigation system, LED cabin lighting, an optional Boston Acoustics stereo system, USB connectivity and hard-drive audio storage for ripping your CD collection directly into the stereo for future use.

Common Issues

Be sure the 200 you're considering shifts smoothly and consistently, and have the model investigated by a mechanic if it doesn't.

Gear shifts may be quick or even abrupt — although if they occur with a bang, or any unwelcome sound effects, there could be trouble brewing.

Confirm proper operation of all on-board electronics, paying close attention to the Bluetooth connectivity, the steering-wheel-mounted audio controls and the instrument cluster illumination.

Next, check out the climate control system. Be sure the air conditioner works, and then check to make sure you get heat out of the vents on both sides of the cabin when called upon.

There's some discussion about clogged or leaky heater cores being a potential issue, which could negatively affect the 200's ability to deliver heat in colder months.

Other signs of trouble may include low coolant levels, or the sweet, sugary, slightly burned smell of engine coolant inside the car.

If you hear a popping or thumping sound from up front while turning the wheel at low speeds, or while stopped, further investigation is required, as the tie rods or strut mounts may need replacing.

Finally, note that a small portion of early 3.6-litre engines from this generation were replaced under warranty due to bad cylinder heads.

The issue was rare and seems to affect only 2011 and some 2012 models, before the cylinder head was redesigned to fix the issue.

Best defense against this rare but noteworthy issue is to stick to a unit with plenty of factory powertrain warranty remaining.

CONTRIBUTED

What owners like

Good overall bang for the buck, a comfortable ride, a potent six-cylinder engine, smooth performance and an upscale feel to the cabin. Fuel efficiency is also rated well, as is the trunk space, and overall cargo volume.

What owners dislike

Typical complaints include less-than-adequate performance on models with the four-cylinder engine, as well as a vague and limp feel to the steering system.

Engines

Engine options included a 2.4-litre four-cylinder unit with 173 horsepower teamed to a four-speed automatic, or Chrysler's Pentastar 3.6-litre V6 with output approaching the 300 horsepower mark.

The verdict

Relatively low pricing, the rocket-propelled V6 engine, and decent-looking reliability make the Chrysler 200 a good candidate for a used bang-for-the-buck sedan. All common issues should be easy for test-drivers or their mechanics to identify.

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Travel arrangements may be subject to delays today, so give yourself plenty of time to get where you need to be. If you do get held up, take it in stride.

♉ Taurus
April 21 - May 21
Don't let a friendship suffer over a money issue that is of no importance. It may seem a big deal to you now but in a matter of days you will realize it wasn't worth the time or the energy.

♊ Gemini
May 22 - June 21
A loved one will go out of their way to do something they hope you approve of today. Even if you are not impressed pretend that you are, because if you help them feel good now they will help you later on.

♋ Cancer
June 22 - July 23
Keep your eyes and ears open today because something you see or hear could be the final piece in a puzzle that has been causing you sleepless nights.

♌ Leo
July 24 - Aug. 23
Don't leave loved ones guessing what you expect of them. This is one of those times when you must spell things out in words of three syllables or less.

♍ Virgo
Aug. 24 - Sept. 23
Someone who never seems to stop complaining is beginning to get on your nerves and at some point today you will have to confront them.

♎ Libra
Sept. 24 - Oct. 23
You may not be enthusiastic about what you are expected to do today but if you are smart you will do it anyway. Others look up to you as someone who can be relied on.

♏ Scorpio
Oct. 24 - Nov. 22
A money-making idea may seem to be the answer to your prayers but as mind planet Mercury is going through one of its retrograde phases it will pay to be cautious.

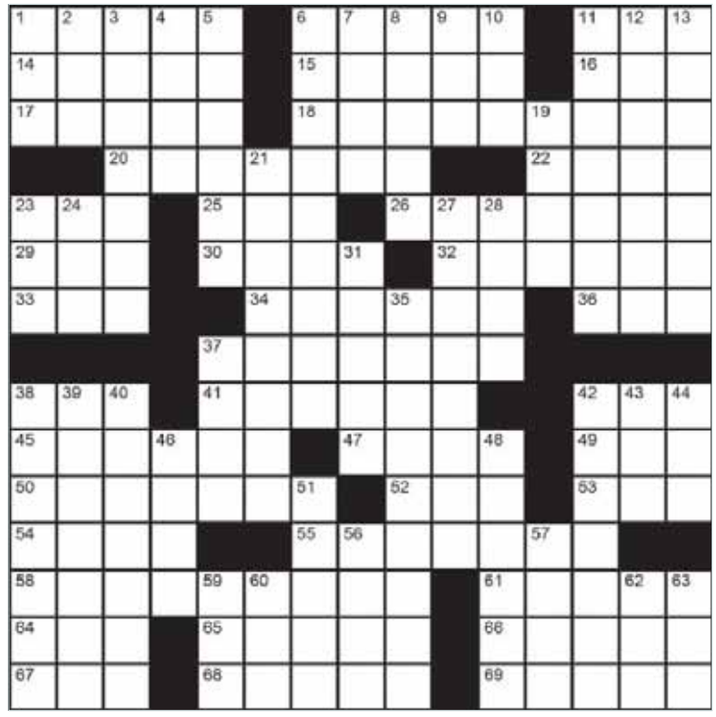
♐ Sagittarius
Nov. 23 - Dec. 21
A loved one will say something thoughtless today and your feelings will be hurt. Don't plot your revenge. It's unlikely they meant to be spiteful.

♑ Capricorn
Dec. 22 - Jan. 20
You may be tempted to cut corners and do less than your best on a task today but is that such a good idea? It will lead to mistakes and those mistakes will cost a lot to correct.

♒ Aquarius
Jan. 21 - Feb. 19
You are wasting time and energy fantasizing about things that are never going to happen. Today's Mercury-Uranus link demands that you bring your dreams down to earth.

♓ Pisces
Feb. 20 - March 20
The course of action you're about to take won't meet with everyone's approval but you don't care. Do it your way!

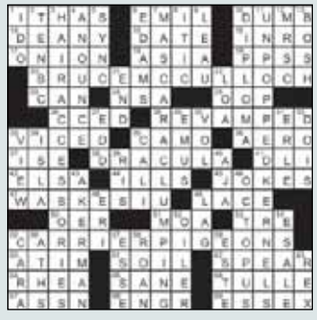
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Cooking: Not set high: 2 wds.
6. Hollies hit bit: "... heavy, __ __ brother."
11. US cable network
14. Depression-era song: "Brother, Can You Spare _ __?"
15. Web-sent party notice
16. Promise to pay
17. Hockey, for example
18. Late-'70s futuristic series starring #40-Down: 2 wds.
20. Ancient Assyria's capital
22. Possess
23. Yalie
25. Soul: French
26. Footsteps
29. Industry, colloquially
30. "...__ _ ring on it." - Beyonce
32. Jean-Philippe __ (Baroque composer)
33. Spelling contest
34. Group of Seven member Arthur
36. "How ya doin'?"
37. Milk intolerance reason
38. Ms. Kardashian
41. Turtles tune: "__ __ Me Babe"
42. Arrow's partner
45. "That may be, but...": 2 wds.
47. Bun
49. Admiration
50. Whistle-holding cord
52. Name for many Popes
53. He humans
54. Eleven: French
55. Google yourself
58. 'Deep Fantasy' is a current album by what Vancouver punk rock band?: 2 wds.
61. Starts racing!: 2 wds.
64. __ Valley, San Francisco
65. Gambling mecca in China
66. Famous violin, commonly
67. Bronze Roman money
68. Actress, Holly Robinson __
69. Broadway performer Ms. McDonald

Down
1. '_' __ in Ottawa
2. Tom Mulcair's pol. party
3. Exalt enormously
4. Actor Mr. Katz
5. Fast food towelette
6. Sans serif font style
7. Ancient celebrator's "Whoopee!"
8. Swooning sounds
9. Kingston Trio hit
10. Yearning
11. Rants
12. Moncton's province, in French: __-Brunswick
13. Does a car maintenance job: 2 wds.
19. Carpentry wedge
21. Imitator
23. Decline
24. Untruth
27. Bridge frameworks
28. Scarce
31. Displaying activity
35. Late night talk show opening
37. "The Simpsons" sister
38. BC: Okanagan Valley city
39. Sir Walter Scott novel about a Saxon knight
40. Toronto-born actress Heather (See #18-Across and #48-Down for more!)
42. Canadian country star Gord
43. "Thanks! I __ you one."
44. Hair care brand
46. Novosibirsk 'no'
48. Daughter played by #40-Down in "The Sound of Music" (1965)
51. Tie score in tennis
56. Bothersome bug
57. Alphabet sequence
59. 'E' in HRE, for short
60. Papua New Guinea seaport
62. Outlying
63. US health-related agcy.

Yesterday's Crossword

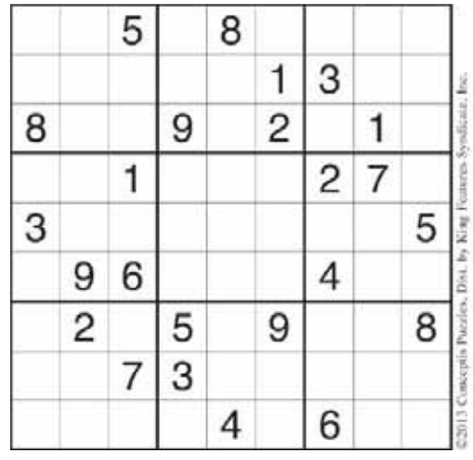


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

3	1	9	7	2	5	8	4	6
5	4	7	9	6	8	2	3	1
2	6	8	3	4	1	9	5	7
6	7	5	2	1	9	4	8	3
4	8	2	6	3	7	5	1	9
9	3	1	5	8	4	7	6	2
1	5	3	8	9	2	6	7	4
8	9	6	4	7	3	1	2	5
7	2	4	1	5	6	3	9	8

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